

# DOING "NOTHING" MAY BE JUST WHAT YOU NEED

*"If your mind isn't clouded by unnecessary things, this is the best season of your life." -Wumen*

Most of us are so busy. Busy, busy, busy. Busy like a bee. Like those worker bees. Always moving, running, doing something. It is ok if we like it that way. If we feel fulfilled, happy and content. If we have balance and comfort in life.

But if all of this busyness has left us missing something, if we are last on the list. If we don't have enough time for our health care, wellness, down time, meditation and/or time off. Then what do we have to shift?



Well, people will say they can't change anything. But in an emergency if you weren't available, things would get done. Granted, maybe not as well. Or not with your particular flair. But done they would be.

Let a spouse make a meal. Or have children do their own chores. Get some help from friends. Whatever it takes to take extraordinary care of your self. It is not selfish to give yourself this opportunity for time for yourself.

*"No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive."*

*-Dr. Joyce Brothers*

Then what will you do with this precious time you have carved out?

Possibly you can take a walk. Sit by the beach or a beautiful pond. Meditate or pray in the woods.

Are you willing to give your self this gift? Do you feel you deserve it?

**PLEASE!**



Do not RING the doorbell.

*"Whether talking or remaining silent. Whether moving or standing quiet The Essence itself is ever at ease."*

*-Daishi*

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*"This is the Zen approach: nothing is there to be done. There is nothing to do. One has just to be. Have a rest and be ordinary and be natural."*

*-Osbo*

